

## **ABSTRACT**

### **Title:**

Comparasion of efectivness of slacks into women's handball teams.

### **Goals:**

The aim of this thesis is to find out motion performance by women's handball team playing in different competitive levels. Their motion performance we teste dat the beginning and end of their slacks and with the help of obtained results we will try to find out the effectiness of that period by both of these teams.

### **Method:**

Bachelor's thesis is Works up with the help of analytical study using empiric observation an experimental file was formed by two women's teams playing in competititons of different performance level.

Testing took place in standard reference conditions with minimalization of external influences.

### **Results:**

The results of testing show that it has come to improving the level of motion performance after paging the slacks whereas better results on the avarage, both at the beginning and the ending of slacks, were attained by women players from higher competition.

### **Key word:**

Handball, testing of motion performance, woman category, slacks